

That Body Of Yours

By James W. Barton, M.D.

RHEUMATISM PREVENTS RHEUMATIC FEVER IN SORE THROATS

When it became known that rheumatic fever was the forerunner of heart disease in children and that infected tonsils were the forerunner of rheumatic fever...

That infected tonsils should be removed has now been well established and the latest information definitely proves this fact.

In the American Journal of Medicine, New York, Drs. L. W. Wannamaker, C. H. Hummelkamp Jr., P. W. Denny and others, report their results from injecting procaine penicillin G in oil containing aluminium monostearate into the muscles according to one of three dosage schedules...

When the interval between giving of penicillin and appearance of disease was short, the treatment was most effective, there being only two cases of rheumatic fever among those receiving treatment and 28 were no treatment was given.

These figures show that penicillin treatment of acute streptococcal (strep throats) infections almost completely prevents the occurrence of rheumatic fever.

The most pronounced prevention was that obtained by the dosage schedule of three injections of penicillin over a 96-hour period totalling 1,200,000 units of the antibiotic.

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ELLEN'S DIARY

By an Island Farmers Wife

Willows in the yard that with Jamie's help we planted as sprigs on a spring in the past made gold against the snowy surroundings...

Even now the shadow of the parting looms again for those home for its holiday. Yet what a blessed Day it was... A Family day, none more enjoyed nor better remembered by those who know the pleasant ties of home...

"Christmas," he commented with a shrug of disfavor. "Oh, I guess it's all right for the like of you, Ellen. You have a home and all that goes with it to go to. I know... it's not a question of money... but I've no one now to care where or when I go... Not a tie to bind or draw me. Do you know what I'm going to do?"

The tree, so beautiful once, and laden, is somewhat tawdry now in its trappings and bare of its gifts. And these... we look over again, enjoying in our years not the gift so much as the kindly thoughts of the family behind them...

He, the morning sun bright on his face, and actually well pleased to be left home to the choring would call as the machine began to move? "And, if you have time perhaps you'd get something for your mother's Christmas. Oh, I don't know what... get... whatever you think she'd like... you'll know as well as I. And about that pair of yearlings you mentioned - just please yourself about buying them. You say they were likely looking?"

Then with a boyish glance at the kitchen window - a look somewhat guilty if he chanced to be caught - housewife giving encouragement to bringing in added choring for the already busy farmers. "Well, if they're fair - good, we'll likely find a place for them! They'll grow into something!" Out of an affair between men like this - a fascinating, delightful, intriguing business deal, which in its consummation contains the thrill and risk of gambling with the future farm-market, would come our Christmas gift from James.

Yes, Christmas Day is past. Of it now only memories remain. Until tomorrow - Diary - Good-night...

Modern Etiquette

By Roberta Lee

Q. Is a bridegroom ever supposed to receive any of the wedding gifts? A. No. Even a friend who has never met the bride still sends his present to her. Often, friends of the bridegroom pick out things suitable for him, such as cigar or cigarette box or rather masculine-looking desk sets, etc., which are sent to the girl but are obviously intended for the man's use.

Q. When offered a dish in which there is both a serving spoon and a fork, how should a dinner guest handle them? A. Take the spoon in the right hand, the fork in the left.

Q. What is the best phrase for a girl to use when introducing another girl to a young man? A. "Anne, this is Ralph Moore. Anne Matthews."

Q. How can I treat laryngitis? A. When a cold, or laryngitis, has caused you to lose your voice, try taking a dose of bicarbonate of soda several times a day; it will aid wonderfully in regaining your voice.

Q. How can I prevent croquettes from sticking to the wire basket when frying them? A. Dip the wire basket into the hot fat before putting in the croquettes and they will not stick.

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Adopted Four-Year-Old In Governor-General's Family



Four-year-old Susan has been a member of the household of Lord and Lady Alexander in Ottawa for the past two years but no one knew she was their adopted daughter. At an Ottawa convent Christmas party, the story was revealed for the first time, and the governor-general and his wife obligingly posed with Susan, a curly-haired blue-eyed blonde.

Says Children Like Young Film Parents

BRIGHTON, England, Dec. 26 (CP)—Children have pretty definite ideas on what "Mum" and "Dad" should look like in films, says Mary Field, Britain's expert on children's movies.

Film fathers should be "six feet tall, handsome, under 30 and good at everything," while Mum is young and pretty—"but not glamorous or sappy-looking," Miss Field, addressing an audience of teachers, said that what children most dislike is middle-aged. Their ideal screen grown-up must be young, virile and competent—or genuinely elderly and endearing.

Another definite ideal is their screen policeman. He must never be comic or ridiculous. They prefer young, daring types.

Sick Girl Trained For Bright Future

GRAVENHURST, Ont., Dec. 26 (CP)—Jane Mark, 24, an Indian girl, gained hope for the future when she contracted tuberculosis.

Jane was working as a domestic at Moose Factory when she became ill. She was brought to the Muskoka Hospital here for treatment. After a few months' rest she began to seek something concrete to do. She began studying, completed her public school education and took a stenographer's course.

Now she works as a part-time secretary for Dr. G. D. Richardson, one of the hospital's leading doctors, and keeps school records for more than 300 patients studying at the hospital. Jane has not yet decided whether she will stay on to work at the hospital or go elsewhere. Whatever she does, her future now is wider and brighter for the training she has received.

Household Scrapbook

By Roberta Lee

Worn-Out Rubbers Cut off the heels of worn-out rubbers, wash the toe parts, and hang up in some such place as the closet or cellarway. These rubber pockets are excellent for holding blacking brushes, cloths, or polishers, and cleaning mittens—anything which would soil cloth pockets.

Disinfecting a Room Burning sulphur will thoroughly disinfect a room. Close the windows and doors and stop up the keyholes. Two pounds of sulphur is sufficient for a room measuring twelve by twenty feet.

To Cut Glass Glass can be cut roughly to any desired shape under water by use of an ordinary pair of scissors.

Health Hint The liquids from canned or Continued on page 10

The Experts Say

FLATTER THE COOK

By KAY REX Canadian Press Staff Writer

With the "guest" season in full swing here's a tip for her who will be spending the holiday with friends—keep your food fancies to yourself. The guest who gets the most repeat invitations usually is one who eats everything put before him—and behaves as if it were ambrosia to his palate.

Unless a serious condition makes it necessary, leave your diet chart at home. When faced with a strange food don't turn up your nose and say you don't want any. Try it. Who knows—it may become your favorite dish.

Experience taught one woman the truth of this. Not long ago she was dining with friends conversation turned to food and milder proceeded to discuss her favorite dishes, particularly noting how much she disliked anything with curry in it. She just couldn't eat anything with curry, she said.

The woman continued to eat every bit of a delicious chicken salad set before her. Several times she told her friends how much she was enjoying it. "You're right. It was curried chicken."

Food Connoisseurs say it's an exciting adventure to discover new tastes. A British food authority says that if there are more good cooks in France than in England, it is solely because there are more persons who take an "intelligent" interest in what they eat and drink, whose taste is more highly trained, and whose critical appreciation is more articulate.

Who knows—maybe if more persons began seeking new tastes, Canada might be able to boast more all-Canadian dishes. Incidentally, they might find that food bills dropping. For instance, there are a lot of foods, particularly meats such as sweetbreads, which have been kept at moderate prices because of lack of demand.

Fish, by the way, is one food that is both plentiful and fairly reasonable in price. Yet Canadians have to be coaxed to buy it. Home economists of the Federal Department of Fisheries are telling housewives how to serve fish its nutritive values, the non-waste factor which makes fish a quality budget item.

The department also is trying to get Canadian restaurants and hotels to increase their use of fish and shell-fish. Experts have recommended that the restaurant and hotel trade should feature at least four varieties of fish daily on their menus. These should be fresh or frozen sea fish, fresh and frozen fresh-water fish; smoked fish, shellfish.

Health Hint The liquids from canned or Continued on page 10

Careful Shoppers Learn New Fabrics

NEW YORK, Dec. 26—(AP)—Is it animal, vegetable, or mineral? The old game is up against some tough sledding in the new fabrics that are on the market today.

A generation ago the answers were simple. Most fabrics were either cotton or linen (vegetable) or wool or silk (animal). But now we have clothing, upholstery fabrics, automobile tops and tires, awnings and outdoor furniture covers that are none of these. They are members of the vast new family of synthetics which are changing our way of life faster than we think.

The woman who goes shopping in the new wonderland of miracle fabrics, with the purpose of getting the most for her shrinking dollar, needs to be fully informed as to the specific advantages of each. The man-made fibres are getting more and more wonderful—but they are arriving on the market so fast that most average shoppers are confused as to which is which and why.

Most women are familiar with the first of the synthetic fabrics, rayon, used in a great percentage of feminine apparel. But many do not know the difference between its two forms—viscose and acetate. Viscose rayon, the first to be evolved from chemists' test tubes, is sturdy and tough, can be laundered almost as well as cotton, does not mat under ironing.

Acetate rayon, introduced shortly after the stock market crash of 1929, is a more luxurious fabric in appearance, requiring greater care in handling. A move is now under way to require specific labeling of rayon fabrics as "Viscose" or "Acetate" or a blend of both, for consumer guidance in correct cleaning and care of garments.

Next and most sensational of the synthetic fibres was nylon, which was introduced late in 1938 and since has revolutionized the stocking and lingerie markets. The cause of its great strength, and quick-drying properties, nylon has become a staple wardrobe item in most North American homes. Nylon stockings have replaced silk almost entirely, and most women have a wide range of nylon wearables including nightgowns, slips, girdles, bras and blouses.

Instant Success Nylon was an instant and sensational market success, and the demand for it still exceeds the supply. Its resistance to wear and its easy laundering endeared it to women almost overnight.

However, there were some points in which nylon was found lacking. Nylon curtains were found to shrink or stretch according to weather conditions. It did not withstand exposure to sunlight well.

So the chemists got to work and produced a new fibre, orlon, which had many of nylon's favorite characteristics and in addition stood up under all kinds of adverse weather conditions. Orlon has greater absorbency than nylon, a softer feel and is impervious to humidity changes. It is used for a great variety of outdoor fabrics, one of the most important of which is automobile tops. It also is used in curtains and in experimental quantities in clothing.

Newest of the synthetic family is dacron, which promises to give men a new freedom from cleaners' bills. This man-made fibre, on the market now in small quantities, is used in men's suits and blouses, in women's blouses and other wearing apparel. Its great value, in addition to quick-drying and easy laundering, is its ability to shed wrinkles.

Men's suits of dacron have been submerged in a swimming pool, dried, and then worn without pressing, looking as fresh and smooth as if they had just come from the tailor.

Still other synthetic fibres are still in the test tubes. Newest of all is Du Pont's "Fiber E", a form of viscose rayon which will be used for upholstery and rugs, is impervious to moths, resistant to wear and weather and promises new fields of usefulness.

So when you go shopping, read the fabric labels well and remember what they mean: Viscose rayon, for sturdy wear; acetate, for luxury fabrics, to be handled with care; nylon, for quick-drying and resistance to abrasion; orlon, for weather resistance; dacron, for crease resistance; "Fiber E", for long-wearing upholstery and rugs. All of them offer a new horizon

DOROTHY DIX SAYS—

Altar-Shy Beau

Girl Should Forget Him; Concentrate On New Job

DEAR MISS DIX: I'm 24 years old and have been in love with a man for five years, though we have only been going together for a few months. However, we have been good friends for a long time. Since going with him, I know there can never be anyone else. I know he cares for me but he has his life planned and marriage is not included. He comes from an unhappy home so I think he is afraid to really get serious.

I have had a wonderful position offered to me that promises a fine career. It will require long hours of hard work. Should I concentrate solely on my job and try to forget this man, or will I gain anything by being patient?

ANSWER: Many young men who simply can not face the responsibilities of marriage evade the question with this "unhappy home background" story. The fallaciousness of the argument has been shown so many times by young people who, having come from an unhappy background, are determined to establish their own homes on a sound basis. Such is usually the outcome of these marriages. Learning from their own youthful misery, youngsters of broken or unhappy homes usually grow up to raise the finest families.

HIS ARGUMENT WEAK So your beau's argument against settling down is very weak. Actually he either is not in love with you enough to give up the freedom he enjoys, or he is basically so immature that he expects to cling to bachelor habits forever.

In view of your uncertain matrimonial prospects with this man, your wisest course is to continue the career that looks so promising. By concentrating your thoughts on a hard job, you'll need less time and energy fruitfully following a mirage of your own creation, at the same time establishing a secure future for yourself. A wider business horizon will also increase your chances of meeting other men who will, perhaps, be less adverse to the bonds of matrimony than your present sweetheart.

DEAR MISS DIX: Recently I have been in a hospital and had to be given several blood transfusions. What I would like to know is, how can a person show her appreciation to the people who were so kind as to donate blood for her? ANSWER: Obviously, a blood donation is not something that can be returned with a token gift or anything of that sort. Your first acknowledgment should be a very cordial and gracious letter, accompanied by an offering prayer. Nothing is so needed in the world today as prayer, and it is the only adequate compensation I can think of for your friends' kindness. Rather than trying to make an immediate, material return, bear their generosity in mind and at any time when one of these people needs help, be Johnny-on-the-spot to render it. In sickness they might need cheering up, or nursing care if you are able to help with it. In sorrow they'll need consolation. Even in their joys, a friend to share the happiness is welcome. There are many ways in which you can show your appreciation; just watch and wait for the opportunity.

DEAR MISS DIX: I am 16 and like a boy very much. I had no idea he liked me until last week when he brought me home from church four times. I thought that was a sign he liked me, but last night he called another girl and went on a double date. Do you think he has lost interest in me? ANSWER: The young man probably had no other thought in mind, either occasion, than friendly intention. Don't try to read so much into a simple action. Since you continue seeing him in your daily activities, continue to be friendly, but not demanding, and if he likes you best, you'll soon find out.

Simplicity Key To New Designs

By MURIEL NARRAWAY (Canadian Press Staff Writer)

LONDON, Dec. 26—(CP)—Latest member of the French court of fashion to make a play for the British market is youthful fashion dictator Alwyn, who prefers to be called just that. Alwyn brings to London lots of advice and four basically simple outfits that would lend enchantment to most figures. He defends this simple approach by saying that women must learn to control their "little madneses."

An impulsive desire for something gay, foolish and giddy with color must be confined to the "little bits" of accessories, he says. "The big bow at the neck, the little bright hat or the flower—but all ways the basic style must be correctly tailored." Alwyn, a friendly-faced Frenchman, lists this "minimum" for the well-dressed woman—a black suit, a dark grey flannel suit, a tailored shirt dress preferably in neutral tones, a cocktail dress in black silk, and two evening gowns—one black, one white.

Shoes and handbags should be black, hats and the "little bits of nonsense" supply the color interest. Alwyn says there is one great difference between the English woman and the French woman—the latter, French women like to emphasize this by much seaming.

For special occasions a crinkled taffeta theatre dress in caramel with cap sleeves, its plunging neckline emphasized by one deep cuff. The straight line of the skirt is broken by a side panel of fullness that continues the flowing line of the waist-deep neckline. For evening a billowing froth of tulle dotted with pearls. In several shades of coral and christened "Tour D'Argent," perhaps in honor of a famous Parisian restaurant, this strapless dress sweeps the floor and a full pointed apron front lends to its dressy appeal. "Strapless dresses must always be long," said Alwyn. "Otherwise they look like a chemise." One final tip: Flowers must be real.

Anne Adams Patterns

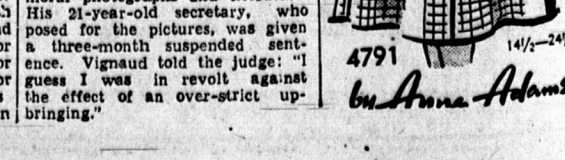
HALF-SIZE FASHION

Want a neat new housefrock with company manners? Sew this! Designed for comfort at work, those smart details—bias band and pockets—mean you can wear this shopping. It is a half-size fashion, no alterations worries! Pattern 4791 comes in sizes 14½, 16, 18, 20, 22, 24, 26, 28, 30. Size 16½ takes 4½ yards 35-inch; ¾ yard contrast fabric.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Send Thirty-five Cents (35c) in coins (stamps cannot be accepted) for this pattern. Print plainly Size, Name, Address, Style Number. Send order to ANNE ADAMS c/o The Guardian, 60 Front St. West, Toronto, Ontario.

of luxury and usefulness at prices within the reach of average budgets.

SUSPENDED SENTENCE COGNAC, France, Dec. 26—(Reuters)—Andree Vignaud, 40, a respected church worker, received an 18-month suspended sentence Monday for conducting a world-wide business in immoral photographs and literature. His 21-year-old secretary, who posed for the pictures, was given a three-month suspended sentence. Vignaud told the judge: "I guess I was in revolt against the effect of an over-striated upbringing."



Alice Brooks Designs

DESIGNED TO PLEASE

ADD BRIGHT COLOR to anything made of huck toweling! The gay huck weaving shown here could be used for aprons, towels, knitting bags, bibs, or curtains. It's fun to weave on huck toweling. Pattern 7356 has directions and charts for four designs.

Send Twenty-five cents in coins for this pattern (stamps cannot be accepted) to ALICE BROOKS Designs, c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly Name, Address and Pattern Number.

How Can I!!!

By Anne Ashley

Q. How can I treat laryngitis? A. When a cold, or laryngitis, has caused you to lose your voice, try taking a dose of bicarbonate of soda several times a day; it will aid wonderfully in regaining your voice.

Q. How can I prevent croquettes from sticking to the wire basket when frying them? A. Dip the wire basket into the hot fat before putting in the croquettes and they will not stick.

Q. How can I remedy ink that has become too thick? A. Add a little vinegar to it, and the ink will be usable again.

ANSWERS

1. Say, "I estimate that the house will cost ten thousand dollars, and I don't intend to interfere with the plans." 2. Pronounce in-e-bri-e-il, first and last i's as in in, second i as in brine, both e's as in me, accent on third syllable. 3. Abeyance. 4. Wishing evil; disposed to injure others. "He went about his plans with a malevolent ingenuity." 5. Expiate.

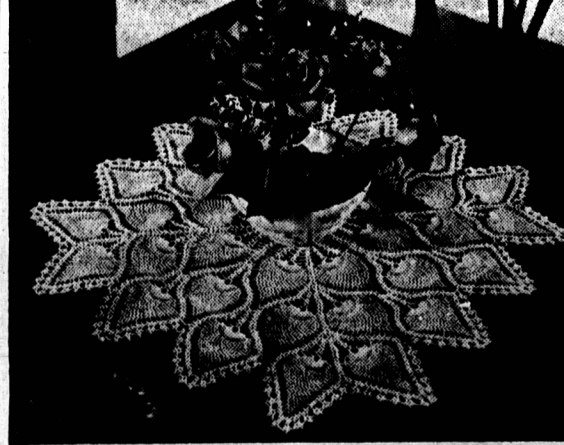
SHOES ON EXHIBITION

NEW YORK, Dec. 26—(AP)—A pair of Bill "Bojangles" Robinson's dancing shoes has been placed on exhibition in the museum of the City of New York. The shoes are the ones Robinson wore in 1938 when he tapped up Broadway from 42nd Street to 110th Street to mark his 60th birthday.

On the Bawl

A new father was looking at the babies through the window of the infant ward and it seemed that every baby there was crying. "Why are they bawling?" he asked the nurse. "Listen," she said severely, "if you were only a few days old, without any clothes, out of a job, and owed the government almost \$1,700 on the national debt, you'd be bawling too!"

Square Centerpiece In Pineapple Pattern



The pineapple pattern lends itself to many lovely articles for the home, but none more popular with crocheters than a dolly made of this attractive stitchery. The lovely centerpiece shown, the pattern forms a square with pointed edges. The same design can be worked into a large square tablecloth, with the same dainty picot edge outlining the cloth. If you wish a leaflet with directions for making this SQUARE PINEAPPLE CENTERPIECE, send a stamped, self-addressed envelope to the Needlework Department of this paper requesting Leaflet No. 7776.

